

MINNESOTA/USA WRESTLING 2021 KIDS (6U – 14U) STATE FOLKSTYLE TOURNAMENT

11521 Eagle Street Northwest
COON RAPIDS, MINNESOTA

FRIDAY MARCH 5TH THRU SUNDAY MARCH 7TH 2021
&
FRIDAY MARCH 12TH THRU SUNDAY MARCH 14TH 2021

Location: 11521 Eagle Street Northwest, Coon Rapids, Minnesota

Covid-19 Preparedness Plan: All wrestlers, coaches, spectators, and event staff will be required to comply with the Covid-19 Preparedness Plan in existence at the date of the tournament. The most up to date Covid-19 Preparedness Plan can be found on the website and will be posted at the entrance to the tournament.

Live Streaming: The tournament will be streamed live via www.trackwrestling.com

Abbreviated Schedule:

March 5, 2021:	Session 1:	Girls 6U, Girls 8U, and Girls 10U
March 5, 2021:	Session 2:	Girls 12U and Girls 14U
March 6, 2021:	Session 3:	10U (Intermediates): 49, 53, 56, 59, 63, 67
March 6, 2021:	Session 4:	10U (Intermediates): 71, 77, 84, 93, 105, 120, 140
March 7, 2021:	Session 5:	12U (Novice): 58, 63, 67, 70, 74, 78, 82
March 7, 2021:	Session 6:	12U (Novice): 86, 92, 98, 108, 117, 135, 160, 190
March 12, 2021:	Session 7:	8U (Bantam): 41, 43, 45, 47, 49, 51
March 12, 2021:	Session 8:	8U (Bantam): 53, 56, 61, 68, 83, 95, 105, 120
March 13, 2021:	Session 9:	14U (Schoolboy): 71, 77, 83, 87, 92, 97
March 13, 2021:	Session 10:	6U (Pee-Wee)
March 14, 2021:	Session 11:	14U (Schoolboy): 102, 106, 110, 114, 119, 125
March 14, 2021:	Session 12:	14U (Schoolboy): 130, 136, 149, 165, 187, 250

*Full Schedule with corresponding times found at the end of this document

Qualification: There is no qualification process this year for the State Folkstyle tournament; however, there are various registration windows based on past performances as noted below.

Registration:

Entry: Entry fee of \$60.00 per wrestler (price includes wrestler fee and 1 spectator). All wrestlers MUST have a current (2021) USA Wrestling athlete's card. All wrestlers MUST be pre-registered.

Brackets: The Girls 6U, Girls 8U, and Girls 10U session (Session 1) will be capped at 100 total wrestlers among these three groups. The Girls 12U and Girls 14U session (Session 2) will be capped at 100 total wrestlers among these two groups. The 6U (Pee-Wees) session (Session 10) will be capped at 100 total wrestlers. For every other session each age and weight class bracket will be capped at 16 wrestlers, once a bracket is full no additional wrestlers will be admitted at this weight class, with the exception of the Pee-Wee (6U) age group which will be capped at 100 total wrestlers with the wrestlers in this age group not making a designated weight class, but using scratch weight to determine bracket groupings.

Registration Windows: Registration can only be made Online via TrackWrestling. **No exceptions.** Registration will open and close according to the schedule below. When registering your child it is your obligation to confirm that they are in fact eligible to register during that time. We will close registration between each registration window and any wrestler that has not satisfied the required pre-registration criteria for that registration window will be removed from the tournament and NO REFUND WILL BE GIVEN, however, you would be able to register them again at the appropriate time provided the fee is paid again.

The Registration Windows are as follows:

February 8, 2021 through 11:59 pm on February 19, 2021 – Registration is open to any wrestler who placed 1-6 at the MN/USA Wrestling Folkstyle State Tournament in either 2020 or 2019.

February 22, 2021 through 11:59 pm on February 25, 2021 – Registration is open to any wrestler who placed first at a MN/USA Wrestling Folkstyle Qualifier in 2021.

February 27, 2021 through 11:59 pm on March 2, 2021 – Registration is open to all remaining wrestlers.

Weight Changes: Wrestlers will be allowed to change a weight class they have registered for by sending an email to Merilee Cardinal at mcardinal@mnusawrestling.org, provided that the weight class which they desire to switch to is not full and the request is made and approved prior to 11:59 pm on February 25, 2021. Any requests are not final until confirmation is sent from Merilee Cardinal confirming that the switch has been made, and in the event that we are not able to accommodate a change NO REFUNDS WILL BE GIVEN. ABSOLUTELY NO WEIGHT CHANGES WILL BE ALLOWED AFTER 11:59 PM ON FEBRUARY 25, 2021, INCLUDING AT THE STATE TOURNAMENT. IF A WRESTLER DOES NOT MAKE THEIR REGISTERED WEIGHT THEY WILL NOT BE ALLOWED TO MOVE TO ANOTHER BRACKET AND WILL BE REMOVED FROM THE TOURNAMENT.

Admission:

The registration fee for each athlete includes 1 spectator pass. When registering each athlete the name of the spectator will be listed as part of the registration process. When the athlete and spectator arrive on the day of the competition, the registration table will have a list of all athletes and their corresponding spectators. If there is a change in the spectator who will be accompanying the athlete from what was listed on the registration, the new individual will need to enter with the athlete and the registration table will take the new individual's name and remove the other individual from the list. Only the athlete listed and the spectator listed will be allowed to enter the premises, no other parents, coaches, siblings, etc., including CLUB COACHES, will be allowed to enter as we are required to comply with capacity guidelines from the Minnesota Department of Health. The event will be streamed live on TrackWrestling.com. Wrestlers and their accompanying spectator will **ONLY** be allowed to be in the premises during their scheduled session time, nobody will be admitted prior to the previous session concluding and everyone must leave the premises at the conclusion of each session. **There will be no exceptions to this policy.**

Matside Coaches:

In order to sit in the coaches matside chair or to have any engagement with referees, SafeSport and USA Wrestling require all individuals to be properly certified. Coaches bands will be available at the head table at no additional charge for any individual who has all the following: (i) a **2021 USA Wrestling Leadership card with Copper Certification or higher; AND** (ii) **evidence of completion of concussion training** (*note this concussion training is not part of Copper or Bronze certification and requires a separate training. The Heads Up Concussion Certification is incorporated into the USA Wrestling Membership system. To complete the training go to the USA Wrestling membership site and log-in using your leadership information, from the drop down menu titled "Manage" you will see a link titled "Heads Up Concussion" which will bring you to the test and once completed it will print "concussion" on your leadership card showing proof of completion. Any parent without a coaches band will **NOT** be allowed to sit in the designated coaches chair and are **NOT** allowed to interact with the table or referees in any manner. Parents will need to coordinate with other parents or their club coach to determine who will be accompanying the child and coaching the child matside. We understand this situation is not ideal but with SafeSport restrictions and Capacity limits from the MDH in light of COVID, this is the situation we have to operate within. **There will be no exceptions to this policy.**

Individual Awards: Awards for 1st through 6th places.

Rules: The rules of High School Wrestling with current USA Wrestling modifications where applicable will govern the event and the competition.

Uniforms:

Competition singlets with underbriefs required for both girls and boys during competition and weigh-ins, and the singlets should be predominantly one color. Two-piece uniforms are also allowed (see below for guidelines on them). The use of headgear is **required** for all divisions. It is recommended that athletes with braces wear mouth guards. Athletes are required to wear white, black or no socks. Colored socks make it difficult for officials to identify the leg bands for correct scoring. **Note:** All athletes must weigh-in wearing a competition singlet. Any wrestler wearing a modified singlet will not be allowed to enter the weigh-in area.

Guidelines for the two-piece uniforms are as follows: wrestlers can wear compression or board shorts with a substantial elastic waistband and a tight fitting sleeveless, or short sleeve shirt. The shorts shall not be excessively baggy, have pockets, buttons, draw strings or snaps. A suitable compression undergarment must be worn under the shorts. If the athlete chooses to wear a two-piece uniform and enters the weigh-in area, the athlete must weigh-in with the complete two-piece uniform. There is no weight allowance for the singlet or uniform. Athletes, please be aware that the two-piece uniform is currently not legal at USAW regional and national Freestyle and Greco competitions.

Pairings:

For the **6U (Pee Wee)** age group and **Girls Division** age groups, we will use the following:

- Bracket is randomly drawn
- The previously used point system is not being implemented this year

For the **8U (Bantam), 10U (Intermediate), 12U (Novice), and 14U (Schoolboy)** age groups, we will use the following:

- Seed up to 8 wrestlers in each weight class.
- Remainder of Bracket is randomly drawn
- The previously used point system is not being implemented this year

Weight Classes: The 6U (Pee Wee) age group will use scratch weights (Grouping wrestlers within 5 lbs or 10% body weight starting from the lightest wrestler in the age group and moving up. Exception being heavy weights where USA Wrestling has defined weight classes that exceed the 10% rule.). We will try to make up to 16-man brackets in the Pee Wee division. The 8U (Bantam), 10U (Intermediate), 12U (Novice), 14U (Schoolboy) and Girls Division age groups will use the following weight classes:

8U (Bantam): 41, 43, 45, 47, 49, 51, 53, 56, 61, 68, 83, 95, 105, 120

10U (Intermediate): 49, 53, 56, 59, 63, 67, 71, 77, 84, 93, 105, 120, 140

12U (Novice): 58, 63, 67, 70, 74, 78, 82, 86, 92, 98, 108, 117, 135, 160, 190

14U (Schoolboy): 71, 77, 83, 87, 92, 97, 102, 106, 110, 114, 119, 125, 130, 136, 149, 165, 187, 250

Girls 6U (Pee-Wee): 35, 40, 45, 50, 55

Girls 8U (Bantam): 40, 45, 50, 55, 60, 75, 85

Girls 10U (Intermediate): 45, 50, 55, 60, 65, 70, 75, 80, 100, 110

Girls 12U (Novice): 55, 65, 70, 75, 80, 85, 90, 95, 110, 120

Girls 14U (Schoolgirl): 67, 72, 79, 85, 92, 101, 105, 110, 119, 127, 145, 185

Due to time and capacity restrictions along with the date in which the MN/USA Wrestling tournament is held conflicting with the ongoing high school season, there is no Cadet (16U) division for the 2021 MN/USA Wrestling Folkstyle State tournament for either boys or girls.

Age Groups:

6U (Pee-Wee): Birth Years 2015 & 2016

8U (Bantam): Birth Years 2013 & 2014

10U (Intermediate): Birth Years 2011 & 2012

12U (Novice): Birth Years 2009 & 2010

14U (Schoolboy/Schoolgirl): Birth Years: 2007& 2008

Weigh-Ins:

All athletes must weigh-in wearing a competition singlet. Athletes need to be present at weigh-ins during their designated time as noted on the schedule at the end of this document. **Any girls wrestling additionally in the boys division must weigh-in again during that division weigh-in time, the girls weigh-in only counts for the Girls Division session and will not be used for a subsequent session.** Athletes and their spectator will be admitted into the weigh-in staging area in limited numbers at a given time so plan accordingly (this may involve having to wait in the car or outside in a line). The athlete and accompanying spectator will be able to enter the weigh-in staging area where a changing area and check scale will be located. Only wrestlers and event staff will be allowed in the weigh-in area, parents are to remain in the weigh-in staging area however, they will be able to visually see their wrestlers in the weigh-in area. No Coaches or parents will be allowed in the medical check or weigh-in area. Athletes should confirm their weight on the check scale prior to entering the weigh-in area, once a wrestler enters the weigh-in area they will have a medical examination completed and proceed to have their weight taken and will not be allowed to leave and attempt to make weight at a later time.

The contestants will be weighed wearing their competition singlet or two piece uniform, (with under-briefs, and female athletes must wear age appropriate undergarment tops) after having been examined by qualified physicians who are obliged to eliminate any wrestler who presents any danger of contagious disease. ***For USAW competitions, the singlet worn to weigh-in must be an approved competition singlet/uniform without modification.***

Contestants who choose to weigh-in in a two-piece uniform must weigh-in wearing shorts designed for wrestling, a suitable undergarment, and a tight fitting short sleeved shirt. Contestants may weigh-in wearing a legal singlet and then choose to wrestle in a legal two-piece uniform.

No weight tolerance will be allowed for the singlet or two-piece uniform (for example a wrestler competing at 10U 77 lbs. must weigh-in at 77.0 or less). Contestants must be in perfect physical condition, with their fingernails cut very short. When presented at the scale the wrestler has the right (after two (2) attempts at the first scale) each in turn, to attempt to weigh in on all the official weigh-in scales. These attempts may be made one time only at each scale. No weight reduction methods of any

kind can be made between attempts to make weight or in the weigh-in area, and once a wrestler enters the weigh-in area they are not allowed to leave and attempt to make weight at a later time.

At all MN/USA Wrestling State Tournaments athletes must weigh at or below the listed weight class. NO ALLOWANCES are given. If a wrestler is over the weight for which they registered, they will NOT be allowed to chance weight classes and will subsequently be removed from the tournament. MNUSAW strongly discourages weight cutting. Young wrestlers should be allowed to wrestle at their natural weight.

Medical: Please see the MN/USA Wrestling skin condition form (can be found on our website: www.mnusawrestling.org). Please note that a skin form signed by a physician can be overruled by the on-site tournament medical staff at the tournament based on disease activity.

MN/USA Wrestling Social Media:

Facebook: <http://facebook.com/mnusaw>

Pictures: <http://www.flickr.com/photos/mnusawrestling/sets>

Twitter: @MNUSAW <http://twitter.com/MNUSAW>

YouTube: <http://www.youtube.com/user/mnusawrestling>

Instagram: <http://instagram.com/mnusawrestling>

Event Directors: Please feel free to reach out with any questions:

Nick Lyden (Chairman) nlyden@mnusawrestling.org

Matt Njos (State Director) [mnjos@mnusawrestling.org](mailto:mnjios@mnusawrestling.org)

2021 State Folkstyle Tournament Schedule

FIRST WEEKEND	
Friday - March 5	
7:00 am – 8:00 am	Weigh-Ins for Girls 6U, Girls 8U, and Girls 10U ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 1: Girls 6U, Girls 8U, Girls 10U, and accompanying spectators ONLY
8:15 am	Referee’s Meeting
8:30 am	Session 1 Table Worker’s Check in at head table for clinic
9:00 am – 2:00 pm	Session 1 Competition: Girls 6U, Girls 8U, and Girls 10U wrestle to completion
1:15pm – 2:15 pm	Weigh-Ins for Girls 12U and Girls 14U ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 2: Girls 12U, Girls 14U, and accompanying spectators ONLY
2:45 pm	Session 2 Table Worker’s Check in at head table for clinic
3:15 pm – 8:15 pm	Session 2 Competition: Girls 12U and Girls 14U wrestle to completion

Saturday - March 6	
7:00 am – 8:00 am	Weigh-Ins for 10U (Intermediates): 49, 53, 56, 59, 63, and 67 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 3: 10U (Intermediates): 49, 53, 56, 59, 63, and 67 weight classes, and accompanying spectators ONLY
8:15 am	Referee’s Meeting
8:30 am	Session 3 Table Worker’s Check in at head table for clinic
9:00 am – 2:00 pm	Session 3 Competition: 10U (Intermediates): 49, 53, 56, 59, 63, and 67 weight classes wrestle to completion
1:15 pm – 2:15 pm	Weigh-Ins for 10U (Intermediates): 71, 77, 84, 93, 105, 120 and 140 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 4: 10U (Intermediates): 71, 77, 84, 93, 105, 120 and 140 weight classes, and accompanying spectators ONLY
2:45 pm	Session 4 Table Worker’s Check in at head table for clinic
3:15 pm – 8:15 pm	Session 4 Competition: 10U (Intermediates): 71, 77, 84, 93, 105, 120, and 140 weight classes wrestle to completion
Sunday - March 7	
7:00 am – 8:00 am	Weigh-Ins for 12U (Novice) 58, 63, 67, 70, 74, 78, and 82 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 5: 12U (Novice) 58, 63, 67, 70, 74, 78, and 82 weight classes, and accompanying spectators ONLY
8:15 am	Referee’s Meeting
8:30 am	Session 5 Table Worker’s Check in at head table for clinic
9:00 am – 2:00 pm	Session 5 Competition: 12U (Novice) 58, 63, 67, 70, 74, 78, and 82 weight classes wrestle to completion
1:15 pm – 2:15 pm	Weigh-Ins for 12U (Novice) 86, 92, 98, 108, 117, 135, 160, and 190 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 6: (Novice) 86, 92, 98, 108, 117, 135, 160, and 190 weight classes, and accompanying spectators ONLY
2:45 pm	Session 6 Table Worker’s Check in at head table for clinic
3:15 pm – 8:15 pm	Session 6 Competition: (Novice) 86, 92, 98, 108, 117, 135, 160, and 190 weight classes wrestle to completion
SECOND WEEKEND	
Friday - March 12	
7:00 am – 8:00 am	Weigh-Ins for 8U (Bantams): 41, 43, 45, 47, 49, and 51 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 7: 8U (Bantams): 41, 43, 45, 47, 49, and 51 weight classes, and accompanying spectators ONLY
8:15 am	Referee’s Meeting
8:30 am	Session 7 Table Worker’s Check in at head table for clinic

9:00 am – 2:00 pm	Session 7 Competition: 8U (Bantams): 41, 43, 45, 47, 49, and 51 weight classes wrestle to completion
1:15pm – 2:15 pm	Weigh-Ins for 8U (Bantams): 53, 56, 61, 68, 83, 95, 105, and 120 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 8: 8U (Bantams): 53, 56, 61, 68, 83, 95, 105, and 120 weight classes, and accompanying spectators ONLY
2:45 pm	Session 8 Table Worker's Check in at head table for clinic
3:15 pm – 8:15 pm	Session 8 Competition: 8U (Bantams): 53, 56, 61, 68, 83, 95, 105, and 120 weight classes wrestle to completion
Saturday - March 13	
7:00 am – 8:00 am	Weigh-Ins for 14U (Schoolboys): 71, 77, 83, 87, 92, and 97 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 9: 14U (Schoolboys): 71, 77, 83, 87, 92, and 97 weight classes, and accompanying spectators ONLY
8:15 am	Referee's Meeting
8:30 am	Session 9 Table Worker's Check in at head table for clinic
9:00 am – 2:00 pm	Session 9 Competition: 14U (Schoolboys): 71, 77, 83, 87, 92, and 97 weight classes wrestle to completion
10:00 – 11:00 am	Weigh-Ins for 6U (Pee-Wees) – proceed to weigh-in staging area. ***Please note earlier weigh-in time for this session needed in order for pairing to be completed prior to start time*** Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 10: 6U (Pee-Wees), and accompanying spectators ONLY
2:45 pm	Session 10 Table Worker's Check in at head table for clinic
3:15 pm – 8:15 pm	Session 10 Competition: 6U (Pee-Wees) wrestle to completion
Sunday - March 14	
7:00 am – 8:00 am	Weigh-Ins for 14U (Schoolboys): 102, 106, 110, 114, 119, and 125 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
8:00 am	Doors Open to Competition Area for Session 11: 14U (Schoolboys): 102, 106, 110, 114, 119, and 125 weight classes, and accompanying spectators ONLY
8:15 am	Referee's Meeting
8:30 am	Session 11 Table Worker's Check in at head table for clinic
9:00 am – 2:00 pm	Session 11 Competition: 14U (Schoolboys): 102, 106, 110, 114, 119, and 125 weight classes wrestle to completion
1:15 pm – 2:15 pm	Weigh-Ins for 14U (Schoolboys): 130, 136, 149, 165, 187, and 250 weight classes ONLY – proceed to weigh-in staging area. Note: All athletes must weigh-in wearing a competition singlet.
2:15 pm	Doors Open to Competition Area for Session 12: 14U (Schoolboys): 130, 136, 149, 165, 187, and 250 weight classes, and accompanying spectators ONLY
2:45 pm	Session 12 Table Worker's Check in at head table for clinic
3:15 pm – 8:15 pm	Session 12 Competition: 14U (Schoolboys): 130, 136, 149, 165, 187, and 250 weight classes wrestle to completion